

MAY 1995

OPEN ARMS

VOL. 7 NUMBER 5

..... MICHIGAN'S LESBIAN NEWSLETTER

"There's No Such Thing As a Free Lunch, Part II"

This month The Lesbian Committee of NOW polled the remaining restaurants along the U.S. 31/33 strip, otherwise known as Dixie Way North. We chose some independents as well as franchises of local chains, but we didn't inquire of the fast food joints. We asked the usual questions and sent a SASE for easy reply.

1. Do you welcome lesbians and gays at your business?
2. Would you hire a person who was qualified for an open position if you knew they were lesbian or gay?
3. If it came to your attention that one of your employees was a lesbian or gay, would you retain them in the same position?

No reply from any of those polled:

Colonial Pancake House	Gipper's Cafe
King Gyros	Nicky's Cafe
Pagoda Garden Restaurant	
Pondersosa Steak House	
North Village Landing	Perkins

LESBIANS INVADING MOVIE THEATERS ACROSS THE COUNTRY

Most of you have probably hear or read about plans to make a movie out of Katherine V. Forrest's *Murder at the Nightwood Bar*. You are probably also aware of the upcoming feature film *Devotion*; the book based on the movie will be released by Naiad this June.

What you may not have heard is that some of your other favorite Naiad novels have been optioned to be made into movies as well. *Cherished Love* by Evelyn Kennedy, *I Left My Heart* by Jaye Maiman, *A Room Full of Women* by Elisabeth Nonas, *Soul Snatcher* by Camarin Grae, and *Yellowthroat* by Penny Hayes are all under option right now.

Two more of our titles were optioned this January. *Love, Zena Beth* by Diane Salvatore (now in its third printing), the erotic novel about a steamy romance with a famous lesbian writer, is being optioned by a filmmaker in New Hampshire.

Also optioned last month was *Faultline*, the hilarious first novel by Sheila Ortiz Taylor. Joseph May Productions acquired the film rights. For many years, we've wished to see the flamboyant, lovable characters from this book--Arden, mother of six children; Wilson Topaz, a six foot tall drag queen; and 300 rabbits--find their way to the big screen. Watch for our re-release of this title next month if you missed it the first time around.

Movies are always exciting but particularly so when they contain your favorite lesbian characters.

—Two Cats News, February 1995

****Anyone interested in forming a Momazons group in our area? Momazons is a group for lesbians who have children, thinking of children or are trying to have children. Monthly meetings and activities for the children and womyn. Please contact J.P. P.O. Box 1002, Niles, Michigan 49120

LAKE FRONT COTTAGE FOR RENT

Nice area, North Central Wisconsin, 2 bedrooms, near Shawno, WI.. Available before June 15th and after August 15th. Call 287-4548.

COMMUNITY EVENTS

VIDEO NIGHT

Canceled for the summer due to the softball season.

LESBIAN SUPPORT GROUP

Every Tuesday

* MEETS AT A NEW LOCATION *

7-9 p.m.

For info, write:

LSG

P.O. Box 1612

Mishawaka, IN 46544

3RD FRIDAY OUT

Mandarin House

2104 Edison Rd.

Friday, May 19th,

7:00 p.m.

For reservations, call Jackie by Wednesday, May 17th, at (219)-291-5837

MARGIE ADAM CONCERT

Saturday, May 20th, 1995

8:00 p.m.

Kalamazoo Valley Community College

Tickets \$15.00, all seats reserved

Call 616-649-2789

EVENTS COORDINATORS

Third Friday Out: Jackie (219)-291-5837

Video Night: Gloria & Julie (616)-695-7311

Game Night:

Sunday Brunch: Kaye & Marcia (219)-271-0338

OPEN ARMS STAFF

Sheree (616)-684-6365

Kaye & Marcia (219)-271-0338

Advertising: Kaye & Marcia

Subscriptions: Kaye & Marcia

EDITORIAL POLICY

We may edit any article submitted for length or content. We ask that all articles submitted be signed and typed, but will respect the wishes of the author by not printing her name if so requested.

PLEASE TYPE SUBMISSIONS IF POSSIBLE

If it is possible for you to type your submissions on a letter quality typewriter or printer, please do so using a 55 space line. This will make layout much easier. Thanks.

WOMEN'S SOLSTICE CELEBRATION WEEKEND

Fri-Sun, Jun. 9, 10 11, 1995

\$255 to OASIS Center, 7463 N. Sheridan Rd., Chicago, IL 60626 (312) 274-6777

Game Night/Potluck

If you would like to have a game night/potluck at your home, call Barb at 287-4548 on weekends.

Whistle Stop Cafe Schedule

Date	Team	Time	Park
Apr 28	Peddler's Pub	6:30	Boehm
May 5	DRC Corp	7:30	Boland
May 12	Ireland Rd Church	6:30	Boland
May 19	Bonnie Jewel Agency	7:30	Boehm
Jun 2	Martin's	6:30	Boland
Jun 9	Chevron Cafe	6:30	Boehm
Jun 16	Dee Ken's	7:30	Boehm
Jun 23	Peddler's Pub	7:30	Boland
Jun 30	DRC Corp	6:30	Boland
Jul 7	Ireland Rd Church	7:30	Boland
Jul 14	Bonnie Jewel Agency	7:30	Boehm
Jul 21	Martin's	7:30	Boehm
Jul 28	Chevron Cafe	6:30	Boland
Aug 4	Dee Ken's	6:30	Boehm

Recovering from Guilt, Shame, and Low Self-Esteem

"Ways to Improve Your Self-Esteem"

By: Cathy A. Lambert, ACSW, CCSW

Psychologist Nathaniel Branden calls self-esteem the reputation we have with ourselves. Many of us have been raised all our lives with guilt and shame, and many of us live our lives out of guilt and shame, believing that we are unworthy; the result of such a way of life, is low self-esteem. In Branden's book "Honoring the Self", he reminds us: "We stand in the midst of an almost infinite network of relationships: to other people, to things, to the universe. And yet, at three o'clock in the morning, when we are alone with ourselves, we are aware that the most intimate and powerful of all relationships and the one we can never escape is the relationship to ourselves. No significant aspect of our thinking, motivation, feelings, or behavior is unaffected by our self-evaluation. We are organisms who are not only conscious but self-conscious. That is our glory and, at times, our burden."

At the base of low self-esteem is a deep profound sense of inadequacy. Take time to fill out the 6 questions I have created around self-esteem:

1. List times when, as a child, you felt guilty.
2. List times when, as a child, you felt ashamed.
3. List times when you felt like you could never be good enough at anything to please one of your parents.
4. List three things that you now do primarily to please another person.
5. List three people toward whom you currently show undeserved loyalty.
6. List three things that you do to compensate for low self-esteem.

To begin to work on recovery from guilt, shame, and low self-esteem, one needs to begin with the willingness to be self-aware, to be honest about our thoughts and feelings. This may not be an easy task, therefore, we start with skills of awareness that we need to be willing to practice in recovering from low self-esteem. Branden summarizes these skills in what he calls "learning how to honor the self". They are as follows, as quoted from his book:

1. The first act of honoring the self is the asserting of consciousness; the choice to think, to be aware, to send the searchlight of consciousness outward toward the world and inward toward our own being. To default on this effort is to default on the self at the most basis level.

2. To honor the self is to be willing to think independently, to live by our own minds, and to have the courage of our own perceptions and judgments.
3. To honor the self is to be willing to know not only what we think but also what we feel, what we want, need, desire, suffer over, are frightened or angered by; and to accept our rights to experience such feelings. The opposite of this attitude is denial, disowning, repression, and self repudiation.
4. To honor the self is to preserve an attitude of self-acceptance, which means to accept what we are, without self-oppression or self-castigation, without any pretense about the truth of our own being, pretense aimed at deceiving either ourselves or anyone else.
5. To honor the self is to live authentically, to speak and act from our innermost convictions and feelings.
6. To honor the self is to refuse to accept unearned guilt and to do our best to correct such guilt as we may have earned.
7. To honor the self is to be committed to our right to exist, which proceeds from the knowledge that our life does not belong to others and that we are not here on earth to live up to someone else's expectations. To many people, this is a terrifying responsibility.
8. To honor the self is to be in love with our own life, in love with our own possibilities for growth and experiencing joy, in love with the process of discovering and exploring our distinctively human potentialities.

If I had to choose a book to take you further on your journey, I would choose "Guilt is the Teacher, Love is the Answer". This is truly a book to heal you, heart and soul. The author is Joan Borysenko, Ph.D. She offers excellent insight on how to go about honoring the self. Remember, the journey begins with self awareness and expressing your right to recovery from shame, guilt, and low self-esteem.

CATHY A. LAMBERT, ACSW, CCSW, Director of Koala Outpatient Center of South Bend.

"I have recently moved my private practice to Koala Outpatient Center, 125 S. Hill St., S.B., IN. 46617, where I am still taking personal referrals for therapy."

COURT OF FRIENDS

SINGLES

O.K. all you singles! Here's your opportunity to reach out to other singles. Write out what you want other singles to know about you, what you are looking for in another (be brief), and send to:

The Court of Friends

P.O.Box 1281

Niles, MI 49120

(Be sure to include your address.)

Your identity will be assigned an ID number. Your info and ID number will be published in OPEN ARMS. (It would be helpful if you would send your info early in the month so that it can be published in the next month's issue.) Also, O.A. reserves the right to edit, if necessary, for publication.

Those wishing to respond to an ID Single may do so by writing whatever you wish, putting it in a stamped, sealed envelope with the intended ID number on the front (in pencil). Place your message in another stamped envelope and mail to the above P.O.Box.

Upon receiving your message, the ID number will be replaced with the corresponding name and address and mailed. Then you're on your own. *COME ON SINGLES! Someone special wants to know you're out there!*

30 Attractive, somewhat feminine, 37, 5'4", 155lbs., social drinker, non-smoker with two small children, looking for significant other to share life with. I like camping, biking, cross country skiing, walking along the beach, picnics, nature and romance. Any age, race, height, or weight may respond.

31 Hello out there...I am a sandy-blond, hazel eyed, 40 yr old, 5'5" and 140 lbs. I enjoy sports, long walks, long talks, movies, life. I do smoke, but don't drink or do drugs. Seeking honest, sincere female, 35-45 with similar likes. No Bi's please.

32 Forty something, 5'3", 115 lbs., white womyn, very stable with a solid value system and good sense of humor. I enjoy camping, canoeing, darts, movies, quiet evenings and womyn's events. Seeking a womyn over 40 w/similar interests to share the good times. Please...no Bi's or smokers, social drinker O.K.

33 Feminine, W F, 24, N/S, Rare-drinker, college-educated professional, Goshen Area, loves kids and animals, many interests. Seeks feminine female for friendship or possibly more.

34 Hi, very feminine, 40 year old, black hair, brown eyes, have children. Looking for someone to spend time with. I like long talks, dancing, movies, the simple things in life. Have a lot of time, let's spend some of it together. Any age, race.

35 This 44 year old lady is looking for a mature, honest relationship. I'm 5'8", dark brown hair, brown eyes, 150 lbs. My interests include anything outdoors, music, sports, quiet dinners. I am a smoker; but prefer non-drinker and no drugs. Would like to meet a lady 38-50's. No playgirls or bi's, please.

NEWS NOTES

---**Wimmin own 7.7 million** US businesses or 30% of all US businesses. Wimmin owned companies employ 15.5 million people in the US—one third more than the Fortune 500 firms employ worldwide. Wimmin-owned businesses added 4.5 million jobs between 1990 and 1994.

---**James Dobson** is conducting radio broadcasts advising listeners to call AT&T to protest their "Homosexual Agenda". Within two days AT&T received 1,157 phone calls opposing AT&T's lesbian/gay policies and 12 pro calls. This is an ongoing campaign. You do not have to be an AT&T user to show your support. To show your support of AT&T call 1-800-336-6939 or 1-908-221-4191; or write Robert Allen, Chairman, AT&T, 295 N. Maple Ave, Basking Ridge, NJ 07920.



Place: Milton Township Community Hall,
Niles, MI

Date: June 17, 1995

Time: 7:00 p.m. to 12:00 a.m. Ind. Time
8:00 p.m. to 1:00 a.m. Mich. Time

Admission: \$5.00 at the Door ONLY



**A Wimmin's
Event**

(no advance tickets)

**Music by
DJ**

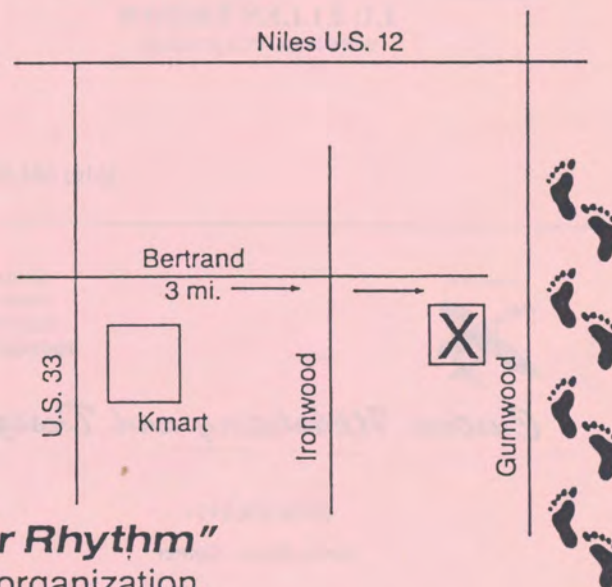
**Refreshments
Door Prizes**



Volunteers Needed
Call 616 – 684 – 7362 for information.



BYOB



Sponsored by the **"Lavender Rhythm"**
not affiliated with any group or organization.

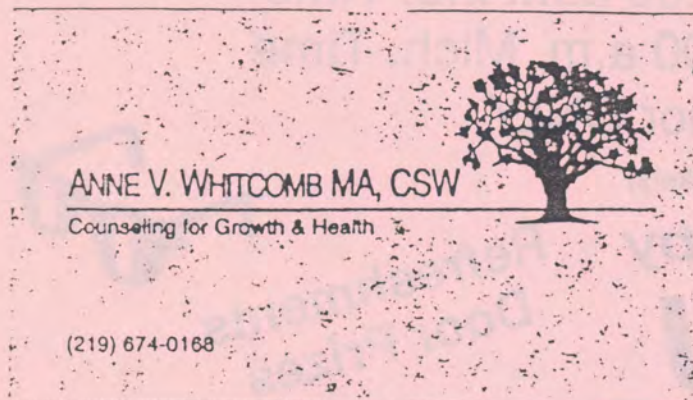
Disclaimer: Lavender Rhythm or Milton Township are Not Responsible for Alcohol Related Incidents.

Advertising in Open Arms runs on a calendar year basis and our advertisers will be receiving renewal notices soon. Since our rates are so low (\$10 per year, or more if you can afford it, for a business-card size ad) we don't pro-rate the fee on a less than 6 month basis. If you submit your ad between January and June, the full year rate will apply; between July and December the rate will be half the yearly rate.

Cathy Lambert, ACSW, CCSW
Director



125 South Hill Street
South Bend, IN 46617
(219) 232-4191
1-800-92-KOALA
FAX (219) 232-4561



LU ELLEN BROWN
WIRE WRAPPED JEWELRY

(616) 684-6365



Sofas
Chairs
Fabrics
Refinishing

Custom Upholstery and Design

(219) 272-6194
Sandy Berta - Owner

10 WAYS WOMEN CAN MAKE A DIFFERENCE FOR WOMEN

1. Use your dollar. Buy one share of stock in a few companies. Monitor how they hire, promote and market to women. Attend stockholders meetings. Compliment companies when they do something right; give ideas on what they can improve.
2. Use your consumer power. If a company isn't doing right by female employees or consumers, write them, let them know, and then tell them you will stop buying their product if they don't change.
3. Use your vote. Ask your candidate about issues that concern you and let them know whether their answers got your vote. Do they have women on their staffs? What are they doing to create programs that stop violence against women? To improve women's health research?
4. Use your First Amendment rights of free press and speech. React to the media regarding issues and people of concern to you. Compliment and encourage through letters to the editor or TV/radio station general manager.
5. Invest in women. Need a gardener, electrician, accountant, dentist? Try hiring women at least 50 percent of the time.
6. Compliment another woman each day. Did the waitress give you good service? Tell her boss, in writing. Why writing? Most folks tell me that they get compliments verbally and complaints in writing.
7. Compliment men who are doing right by women. Does a teacher go out of his way to be inclusive of young girls in class discussions? Nominate the man for an award, or at least write a note to his boss.
8. Reach out to young women. Are you going to a business gathering where a younger woman could join you? Can you host a young woman at the Woman's Festival next year? Can you volunteer to mentor young women at a local school?
9. Reach out to older women. Acknowledge their wealth of knowledge. Why not ask 50 senior citizen women about their advice for younger women and then copy it in a book, to be used as a fund raiser for a good cause?
10. Do something for yourself each day. Your self-esteem makes a difference in how you deal with people. And self-esteem comes from within. Being good to yourself is important. It might be talking to a friend who makes you laugh; taking a walk through a botanical garden enjoying a hot cup of tea by yourself at a quiet restaurant by the lake, or list your accomplishments and take a moment each night to celebrate yourself.

—Michigan Women's Times, 1/22-2/4/95



DRIFT-WOODS COTTAGES

Two-bedroom and one-bedroom cottages available on Lake Michigan, ten minutes south of Saugatuck, Michigan. The cottages are open year around, are fully furnished, have well-equipped kitchens, and linens and towels are provided for bedroom and bath. The living rooms have gas log fireplaces. Gas grills are provided for outdoor barbeques. The beach is accessible via stairs. Hiking trails, sand dunes, cross-country skiing, shops galleries, restaurants, antique shopping nearby.

Call Susan for weekend, mid-week, weekly visits at (616) 857-2586.

New! Opening in June...a new women's guesthouse!
Call about special pre-opening rates in May.
Book now for Holland Michigan Tulip Festival, May 4th-14th.

Saugatuck on the river...

DEERPATH LODGE

...an enchanting retreat

Deerpath Lodge sits atop a dune overlooking the Kalamazoo River. Surrounding evergreens, oaks, and an extensive wildflower garden provide a rustic charm. The river and 45 acres seclude our private retreat from public access. Saugatuck, the infamous art colony, and mecca of innovative shops and restaurants is just five minutes by car, longer by boat. We offer three spacious guest rooms, each with private bath; one with kitchenette. A wholesome breakfast is provided.

Guest Rooms For Women

For Reservations & Information:
P.O. Box 849 Saugatuck, Michigan 49453
1-616-857-DEER

Marge & Joanne's

BED & BREAKFAST

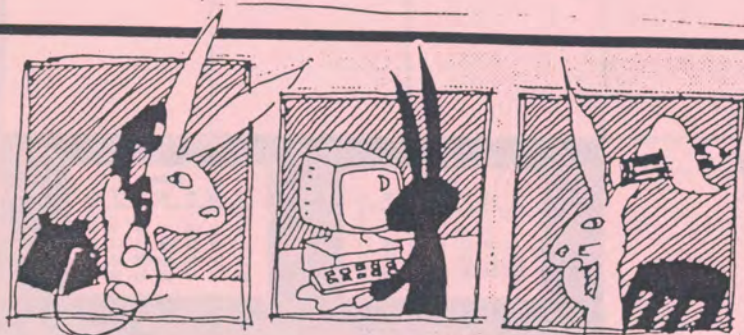
•accommodations for women•

Duneswood

P.O. Box 457
Glen Arbor, MI 49636



616-334-3346



If this ad caught your attention... good. Then it succeeded. Consider...

What Lin Hoppel Communications Can Do For You, Too

Marketing plans, ad campaigns, consumer research, newsletters, brochures, logos, speeches, business letters and reports, even videos. We'll quickly determine your needs and give you a free estimate. Think about it!

Call/fax: **616.663.8759**
P.O. Box 111 ▾ Edwardsburg ▾ MI 49112

Premier Properties Real Estate Services



P.O. Box 1173
Goshen, IN 46527

"Talk to Tina"

Tina Weldy, GRI, CRS
Broker/Owner

Specializing in Elkhart
County Residential
Properties



Office/Fax: (219) 534-8484
Residence: (219) 534-TINA

May 1995

Monthly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Support Group 7:00 p.m.	3 NOW Meeting St. Joe Library 7:00 p.m.	4	5 Softball Boland Park 7:30 p.m.	6
7 Open Arms Mtg. 6:30 p.m.	8	9 Support Group 7:00 p.m.	10	11	12 Softball Boland Park 6:30 p.m.	13
14	15	16 Support Group 7:00 p.m.	17 Reservations due for Sunday Brunch	18	19 Softball Boehm Park 7:30 p.m. Third Friday Out 7:00 p.m.	20 Margie Adam Concert 8:00 p.m. Kalamazoo
21 PFLAG Meeting 2:00-4:00 p.m. Sunday Brunch North Village Landing	22	23 Support Group 7:00 p.m.	24	25	26	27
28	29	30 Support Group 7:00 p.m.	31	April S M T W T F S 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 June S M T W T F S 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		

Printed by Calendar Creator Plus on 4/22/95

ALL TIMES ARE INDIANA TIMES

Subscription for Open Arms - \$10.00/year

Name _____

Address _____

City _____

State _____ Zip _____

Telephone Number _____

Make checks payable to Open Arms and mail it to:
Open Arms, P.O. 845, Mishawaka, IN 46546

MISSION STATEMENT

Open Arms exists to disseminate diverse information of interest to the Michiana lesbian community.

OPEN ARMS DEADLINE/MEETING

The deadline for submissions for the June *Open Arms* is May 10th. Submissions can be mailed to Open Arms, P. O. Box 845, Mishawaka, IN 46546 or given to Sheree or Kaye. Submissions received after May 10th may not be published in the June newsletter.

Newsletter meeting: Sunday, May 7th, 1995, at 6:30p.m. Call 271-0338 for directions.